



REHABILITATION GUIDELINES FOR  
REVERSE TOTAL SHOULDER ARTHROPLASTY (WITHOUT TUBerosITY REPAIR)

Appointments	<ul style="list-style-type: none"><li>• Physical therapy for 1-2 visits prior for training on devices, home program<ul style="list-style-type: none"><li>○ Start elbow and hand ROM immediately . Start pendulums immediately.</li></ul></li><li>• Start physical therapy at 3 weeks post-op<ul style="list-style-type: none"><li>○ Focus on ROM, no strengthening until six weeks. Limit shoulder ext past neutral and ER beyond 30 degrees.</li></ul></li></ul>
Rehabilitation Goals	<ul style="list-style-type: none"><li>• Full return to painfree ADL's</li></ul>
Precautions	<ul style="list-style-type: none"><li>• Slow progression of ER ROM to protect repaired tissues</li></ul>
Suggested Therapeutic Exercises	6 weeks post-op <ul style="list-style-type: none"><li>• May start strengthening at this time. Progress as tolerated.</li></ul>